

Prostate Cancer

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Prostate cancer is an uncontrolled growth and spread of cells in the prostate, an exocrine gland in the male reproductive system. Excluding all types of skin cancer, prostate cancer is the most commonly diagnosed cancer and the second leading cause of cancer death among men in the United States and Indiana. In Indiana, there were approximately 2,687 new cases of prostate cancer diagnosed during 2014 [See Table 1], and there were 603 deaths due to prostate cancer during that same year. Those numbers result in an incidence rate of 72.9 per 100,000 males and a mortality rate of 20.2 per 100,000 males.

Prostate cancer incidence and mortality have declined significantly from 2005 to 2014 for both black and white males [Figure 1]. In 2014, the incidence rate for black males was significantly higher when compared to white males (108.1 and 69.6 cases per 100,000). The mortality rate was also significantly higher for black males compared to white males (32.1 and 19.5 cases per 100,000) for the same year.

Table 1. Burden of Invasive Prostate Cancer—Indiana, 2005–2014

	Average number of cases per year (2010–2014)	Rate per 100,000 males* (2010–2014)	Number of cases (2014)	Rate per 100,000 males* (2014)
Indiana Incidence	3,282	93.8	2,687	72.9
Indiana Deaths	588	20.9	603	20.2

*Age-adjusted

Source: Indiana State Cancer Registry

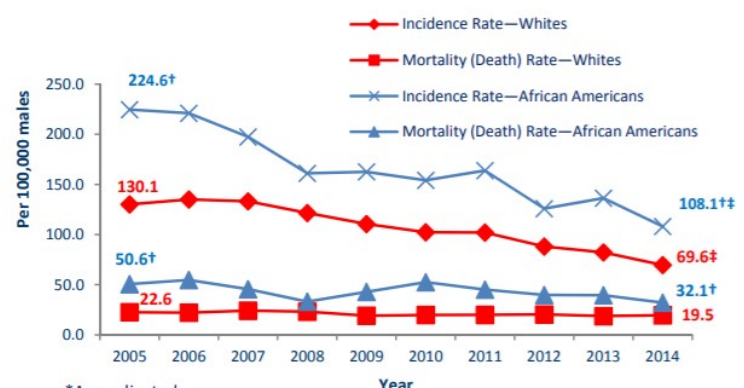
Fast Facts

- The chance of developing prostate cancer rises rapidly after age 50, with two out of three new diagnoses occurring among males over age 65. About 60 percent of all prostate cancer cases are diagnosed in males ages 65 and older, and 97 percent occur in males 50 and older. ²
- Black men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world. ¹
- Men with a first degree relative (a father or brother) with a history of prostate cancer are two to three times more likely to develop the disease. The risk

Common Signs and Symptoms of Prostate Cancer²

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty emptying the bladder completely
- Pain or burning during urination
- Blood in the urine or semen
- Painful ejaculation
- Pain in the back, hips or pelvis that doesn't go

Figure 1. Prostate Cancer Incidence and Mortality (Death) Rates by Race*, Indiana, 2005–2014



*Age-adjusted

†Significantly elevated (P<.05) compared to white males

‡Significantly lower (P<.05) compared to 2005

Source: Indiana State Cancer Registry

Early Detection

- The United States Preventive Services Task Force (USPSTF) no longer recommends that men receive the prostate-specific antigen (PSA) – based screening for prostate cancer. Currently, the USPSTF and the American Cancer Society recommend that men have a conversation with their health care provider about their personal health and lifestyle, risk for prostate cancer, personal beliefs and preferences for health care, as well as the benefits and harms of PSA screening and any treatment that may result prior to making an informed decision about getting a PSA.
- Potential benefits of prostate cancer screening include early detection and possible increased effectiveness of cancer treatment.
- Potential risks of prostate cancer screening can include false-positive tests results, over-diagnosis and over-treatment that might lead to impotence and incontinence.
- Each man should:
 - Understand his risk of prostate cancer
 - Understand the risks, benefits and alternatives to screening
 - Participate in the discussion to be screened or not at a level he desires
 - Make a decision consistent with his preferences and values

Get Involved: Join the Indiana Cancer Consortium (ICC)

- The ICC is a statewide network of over 100 agencies including the Indiana State Department of Health.
- ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation
- Become a member at www.indianacancer.org.

References

1. American Cancer Society. Cancer Facts and Figures 2016. Atlanta: American Cancer Society, 2016. Available online at <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2016/index>.
2. Indiana Cancer Consortium, Indiana State Department of Health and the American Cancer Society Great Lakes Division; Indiana Cancer Facts and Figures 2015. Available online at www.indianacancer.org/indiana-cancer-facts-and-figures-2015/.

For additional information on prostate cancer:

